



East Park Regional Community Center

600 Woodland Street, Nashville, TN 37206 - 615-862-8448

Fitness Classes Aquatics Senior Program (\$) – Paid Class						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Hours:	Hours:	Hours:	Hours:	Hours:	Hours:
	6:00am-8:30pm	6:00am-8:30pm	6:00am-8:30pm	6:00am-8:30pm	6:00am-7:30pm	8:00am-12:00pm
Spring 2017 Program Schedule Facilities Manager Darlene Morrow Program Coordinator Michael Frazier Aquatics Coordinator Jere Shoemake Senior Program Coordinator Jeffrey Smith Recreation Leaders & Lifeguards (*) Larry Shelton Tiffanie Fletcher *Lane Clark Lamont Crawley Tia Mason Class Instructors East Park Staff Misty Adfield Amanda Dixon Lex Herdon Shameka Freeman Sabrina Williams Troy Logan James Schriver East Park Staff	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	6:00am-2:30pm Adult Open Gym (Basketball)	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	6:30am-9:30am Adult Open Gym (Basketball)I	6:00am-7:00am Boot Camp(\$) w/Misty (Gym)	9:00am-10:00am Zumba(\$) w/Lex (Dance Studio)
	9:30am-10:30am Lo Water Exercise	9:00am-10:00am Tai Chi w/James	9:30am-10:30am Lo Water Exercise	9:00am-11:00am Senior Open Gym (Various Activities)I	9:00am-12:00pm Adult Open Gym (Badminton)	*New Class* 9:00am-10:00am Aqua Fitness Water Exercise(\$) w/Sabrina
		10:00am-11:00am Senior Exercise w/Jere		10:00am-11:00am Senior Exercise w/Jere	9:30am-10:30am Lo Water Exercise w/Jere	9:00am-11:45am Open Gym Basketball
	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	6:00pm-7:00pm Beginner Boot Camp(\$) w/Amanda (Gym)	12:00pm-1:00pm Zumba(\$) w/Shameka (Dance Studio)	5:30PM-7:15PM Teen Open Gym (Basketball)	**Monday-Friday** 2:30pm-6:00pm Afterschool Program(Ages 6-14) Gymnasium Closed to Adults
	New Class 6:00pm-7:00pm Moves and Grooves Fitness (\$) w/Tia (Dance Studio) Starts 4/10/17	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	*New Class* 6:00pm-7:00pm Moves and Grooves Fitness (\$) w/Tia (Dance Studio)	5:30pm-6:30pm Zumba(\$) w/Lex (Gym)	*NEW* FAMILY FITNESS FRIDAYS 5:00pm-6:00pm Fit Family Boot Camp w/ Sgt. Bornstein (Theater)	Membership Fees: Daily Pass (Fitness Center) Adult \$3.00 Youth & Senior \$1.50
		5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	7:00pm-8:15pm Adult Open Gym (Volleyball)	5:30pm-7:30pm Chicago Style Stepping w/Troy (Theater)	6:00pm-7:00pm Fit Family Hip Hop Cardio w/Tia (Dance Studio)	10 Pass (Fitness Center) Adult \$20.00 Youth & Senior \$10.00
	7:00pm-8:15pm Adult Open Gym (Basketball)	6:30pm-8:15pm Adult Open Gym (Badminton)	 @ "East Park Community Center" 	6:30pm-8:00pm Adult Open Gym (Basketball)	5:00pm-6:30pm Healthy Living Teaching Kitchen w/Tiffanie *Every 3rd Friday*	30 Day Pass (Fitness Center) Adult \$30.00 Youth & Senior \$20.00 Teens 13-17 Senior 62 and up
		6:00pm-7:00pm Water Exercise(\$) w/Jere		6:00pm-7:00pm Water Exercise(\$) w/Jere		10 Pass Fit Card (Classes) \$30.00

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Facilities Manager: Darlene Morrow Aquatics Coordinator: Jere Shoemake

The following activities are offered as a part of the aquatics program at East Park Community Center. Some activities may require a nominal fee for participation. Some activities are strenuous or present certain risks, so medical clearance and/or parental permission may be required.

Important Info	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>The pool is free of charge, except where a (\$) designates a fee.</p> <p>Pool capacity of 25 swimmers per life guard on deck.</p> <p>Senior Lo H²O Class is sometimes limited to the first 25 swimmers signed in for the class.</p> <div></div>	6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim		6:00am-8:00am Lap Swim	
	9:30am-10:30am Senior H ² O Exercise	10:00am-11:00am Senior Exercise w/Jere	9:30am-10:30am Senior H ² O Exercise	10:00am-11:00am Senior Exercise w/Jere	9:30am-10:30am Senior H ² O Exercise w/Jere	9:00am-10:00am Aqua Fitness(\$) w/Sabrina
						10am-10:45am Water Walking
	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-1:00pm Lap Swim	11:00am-11:45am Lap Swim
	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim	2:00pm-4:00pm Open Swim		<p>*Swim Lessons Save Lives**</p> <p>*Group swim lessons are \$50.00 for 8 lessons</p> <p>For more information contact Jere Shoemake at (615)862-8448</p>
		5:00pm-6:00pm Afterschool Program *Registration Required		5:00pm-6:00pm Afterschool Program *Registration Required		
	5:00pm-7:00pm Lap Swim		5:00pm-7:00pm Lap Swim			
		6:00pm-7:00pm Water Workout(\$) w/Jere		6:00pm-7:00pm Water Workout(\$) w/Jere		

For accessibility inquiries, call 862-8400

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Mission Statement: It is the mission of the Metropolitan Board of Parks and Recreation to provide every citizen of Nashville and Davidson County with an equal opportunity for safe recreational and cultural activities within a network of parks and greenways that preserves and protects the region's natural resources.